Dillon Wasko

Theory of coaching

**The offensive lineman’s drill:** Have players drive the sled, a time-tested drill that develops leg drive, for stints of five or six seconds to simulate the length of a play. Direct the players to step straight ahead into the pad, to take a short 45-degree step to the pad and take a larger 45-degree step to simulate different angles of the blocks.

*Variations*: Players can use each other rather than a pad.

*Coaching points:* The hands should contact the pad with the thumbs up and elbows in, and the feel should be wide, stomping the ground with great force to drive the sled.

**Quarterback Drill:** Sprint out drill- Sprint right and left Throw to other QB.

Variations: Can use a target or a coach instead.

*Coaching Point:* Square the shoulders and hips to target. Practice throwback pass also. Get a depth of 6-7 yards. Focus on releasing the ball quickly.

**Running back Drill:** The ability to cut quickly and change directions is essential when running with the football. Set up five cones in a straight line within 20 yards. The player starts 5 yards behind the first cone. He runs to the right of the first cone, the left of the second cone, the right of the third cone and continues on in that manner past the fifth cone. He then turns around and returns in the same manner. This drill helps build quick cutting and balance.

*Variations:* Using footballs as cones or even using players.

*Coaching Points*: Make sure player stays low and focuses on hip movement.

**Tight end drill:** The gauntlet not only drills speed but hand-eye coordination and instincts at the same time. The tight end must run down field between 53 and 54 yards. Once he reaches the correct yard line, one of five quarterbacks begin throwing passes to him. The tight end must catch and toss each pass as quickly as possible. Once all five passes are caught, the drill is reset and run again.

*Variations:* Coaches could throw the ball or other players.

*Coaching points:* Look each pass in make sure each pass is caught clean.

**Wide receiver drill:** A receiver’s main priority is to catch the ball; they also need to be fast to get away from defenders. Receiver will run end of route and catch ball thrown as he is being hit with bags or has to split bags.  
*Coaching Points***:**  
a. Head and eyes on football.  
b. Proper body position.  
c. Pull ball down and tuck it away.  
d. Relax your hands.  
*Purpose***:** Teach concentration, catching in a crowd, running after the catch, proper ball maintenance (fumble drill also).  
Note – Players holding the bags will make contact on the receiver high, not low, just as he is catching the ball.

*Variations:* can be getting pushed or hit by a teammate or coach.

Defensive lineman Drill: The hit, hit, hit, drill will help your linemen learn balance and how to take hits without falling down. Have your linemen line up single file. The player in front should be in the hit position, head up, knees bent, feet shoulder width apart and hands out. Using a blocking pad, come in and hit the player three times while he blocks the hits with his arms out and elbows locked.

*Coaching Points:* The lineman should not lose his balance or fall over. His feet should stay in place for all three hits as he absorbs the impacts. After three hits, the player should step aside, and the next player should get into position for the same drill.

*Variations*: Can use pads or bags and not other players as well.

**Linebacker Drills:** The downhill shuffle drill will help your players improve their foot work and speed. Line up five dummy bags side by side with 1 yard of space between each and on a 45 degree angle with the line of scrimmage. Align your linebackers single file and on your command the first player should set up into the hitting position. On your next signal, the player should shuffle over the bags while leading with his right foot.

*Coaching Points:* Be sure the linebacker stays in a low proper hitting position. Have each player take turns running this drill. Then reverse the line and have each player attack from the opposite side leading with their left foot.

*Variations:* Instead of five dummy bags cones or footballs will work as well.

A defensive back has to do more than knock passes down and cover receivers. They have to know how to turn defense into offense when the opportunity arises. When a defensive back is in coverage, a teammate may get in the passing lane and tip a ball as it comes out of the quarterback's hand. In those cases the defensive back must turn into an offensive player and find a way to catch the ball.

**Defensive Back drill**: Defensive coaches will run the tip drill to get the defensive back used to catching a ball that has been deflected. Coaches will have defensive players bat a ball up in the air volleyball style and the defensive back must come up with the ball. A defensive player who can come up with an awkwardly tipped ball while on the run can turn it into a big play, possibly a touchdown.

*Coaching Points:* Make sure the player tipping the ball makes every tip playable; when the DB turns in to an offensive player make sure he tucks the ball after the catch.

*Variations:* can throw ball up to yourself and spin once and catch it.